

Free Web Based Help to Quit Tobacco:

Adults: <https://www.quitnow.net/Program/>

Youth: <https://www.quitnow.net/kansas/>

Free Phone Based Help to Quit Tobacco:

Adults & Youth: 1-800-QUIT-NOW (1-800-784-8669)

Local Classes to help quit tobacco:

Freedom From Smoking Classes-call or stop by for more information or to register:

Reno County Health Department
209 W 2nd
Hutchinson, KS 67501
620-694-2900